



DHP Member Network Newsletter

Edition 28

Dear DHP Members,

Spring already; the sunshine has returned, the bulbs have surfaced in my garden and the days are lengthening at last. However, rather than waking from a prolonged period of hibernation, your committee have continued to work hard on a number of issues on your behalf.

You may have noticed that we launched our blog on Valentine's Day. Since then we have had regular contributions, but we are open to hearing your views; as I wrote on the inaugural blog, maybe you would like to share your experiences, respond to an earlier blog piece or write something to coincide with a health awareness day or week. We would love to hear from you – we want you to have ownership of the blog.

The annual BPS conference takes place at the start of May. We have collaborated with the Division of Sport and Exercise Psychology to run a symposium which I will be chairing on the 4th May. Do come along and participate. Planning for our own annual conference too is moving forward apace and we look forward to welcoming you to Cardiff.

You may have seen our [announcement](#) on 28th February – some progress has been made towards addressing the Resolution that was raised at our AGM. This is a step in the right direction and did address the exemplar given in the resolution. However, this is not a solution to the wider issue that the Resolution raised, namely that of how we serve our academically qualified members. In short, the needs of our members who are not practitioners, yet are qualified in health psychology are not yet met. I therefore plan to submit a further paper for consideration at the next MSB.

You may have also have seen that we are [seeking nominations](#) for early career and distinguished contributions to health psychology research and practice. This is one of the jobs we really enjoy – it is a great opportunity to see all the good work our members are engaged in and we look forward to receiving your nominations by the 15th May.

Finally, it is almost ten years since we last ran a survey of our members, and we are very keen to hear what you are all currently doing and to learn where you think the future direction of the DHP lies. We have offered the analysis of the survey as a piece of consultancy to a Stage Two trainee, and will present the results at the AGM in Cardiff later this year.

And as always, please remember that we like to hear from you; should you wish to share ideas, or raise issues concerning the DHP, please don't hesitate to contact me using the following email: chairdhp@bps.org.uk.

Best wishes

Karen Rodham
Chair of DHP, Professor of Health Psychology



DHP Awards, News and Grants

The DHP Research Seminar Grant 2017

Congratulations to Dr Suzanne McDonald (Newcastle University) and Prof. Derek Johnston (University of Aberdeen) who are this year's grant recipients. The award will go towards their proposed research seminar titled: *'Making it personal': Developing and advancing methods for personalised behavioural medicine.*

News & Events

- As part of a DHP initiative to create stage 2 competency opportunities the committee has appointed Stage 2 trainee Simon Ashe to help conduct and analyze the data from the 2017 DHP membership survey. The results will be presented at the DHP conference in Cardiff this September. Please look out for the survey link which will be sent around on the announcement list and via Twitter later this month.
- There are several CPD sessions coming up which have been organized by our CPD lead Dr Emily Arden-Close, please follow the link for more information <https://tinyurl.com/hvbjpx4>

DHP Annual Awards

- Nominations are now open for Outstanding contribution and early career awards with two categories this year, Research and Practice information on the nomination process can be found here
- Closing date 15th May 2017

Public Engagement Grant

- This year's grant is for £500, applications are now open and you can access the online application form here <https://response.questback.com/britishpsychologicalsociety/dhp2017pe>
- Closing date 31st May 2017

Conference Bursaries

- Applications for conference bursaries are now open, these are available to those who have had an accepted submission for the conference. Closing date 31st May 2017
- Information can be found here of the application process

BPS Division of Health Psychology 2017 Conference

Registering for the DHP Conference which is to be held in Cardiff at the Mercury Hotel and Spa on the 6th-8th September, 2017 is now open we look forward to seeing you there if you can make. We have also announced the bursaries which will be available to apply for, closing date is the 31st May and recipients will be notified by the end of June.

Best Wishes Dr Tiece Turnbull – DHP Conference Lead



Poster submissions are now open, closing date: 1st June 2017

Vacancy for SCSC Chair Elect, closing date 11th May, click [here](#) for more info

Devolved Nations

As a new initiative, the DHP newsletter will now bring you news from the devolved nation committees to promote our strengthening working relationship and to showcase the excellent work that these committee do in their respective nations. The Chairs from the four nations agreed they wanted to share news, events and updates from all over the UK and give the DHP membership the opportunity to receive updates about what the separate committees are working towards and can get involved with events around the UK.

DHP-Northern Ireland update

Mission Statement

The mission of the Division of Health Psychology, Northern Ireland Branch is to provide a forum and a focus for health psychology in Northern Ireland. This entails providing a forum for health psychologists and those interested in the promotion and practice of health psychology in the region to enhance the effectiveness of the impact of health psychology on the health agenda in Northern Ireland. Our overarching aim is to contribute to the scientific study of psychological processes in health, illness and health care, and to utilize the evolving evidence base in promoting and maintaining health, enhancing the delivery of health care, and preventing or reducing illness and disability and its impact on individuals, families, communities and the region.

You can find out more information about DHP-NI on their webpages which you can assess [here](#)

DHP- Wales update

Chaired by Dr Deborah Lancaster DHP-Wales will be taking an active part in this year's DHP annual conference being held in Cardiff, preparations are underway to put together an event to promote health psychology in Wales which will highlight to local government, medics' and public health sector workers what health psychology has to offer. If you are interested in becoming a DHP-Wales member you can find out more information [here](#).

DHP-Scotland update

Message from the DHP-Scotland Chair

Hannah Dale - (hannahdale@nhs.net)



We are pleased to bring you our Scottish news from the DHP newsletter, in addition to our emails to members living in Scotland. DHP-Scotland continues to aim to represent and support members in Scotland. We are always keen to hear from members, so if you have suggestions for events or promoting health psychology, questions about how DHP-S can help you, or any queries about the work of the committee, please get in contact with us. A special thanks to those committee members who have recently finished their time on the DHP-Scotland Committee and for all their hard work over the years.

Scientific Meeting

We had a very successful AGM and Scientific Meeting on the 23rd February 2017. Our speakers represented health psychologists working in research and practice across a range of physical ill health and prevention:

- Dr Stephan Dombrowski spoke on awareness campaigns for help-seeking behaviour
- We heard from Ms Sasha Cain about applying health psychology in practice
- Dr Araujo-Soares focused on the development of behavioural interventions
- Professor Derek Johnston discussed fatigue in the workplace

The Scientific Meeting was preceded by a very popular workshop run by Professor Marie Johnston for postgraduates on behaviour change techniques.

Thanks again to all our speakers who kindly gave their time to speak to our members, and to attendees who helped to make the day engaging and inspiring.

Future events

We are currently planning several future events for full and postgraduate members. We'll be in touch soon via email. If you are signed up to BPS emails and are a DHP member living in Scotland, you should automatically receive emails from DHP-Scotland – contact member network services if you are not receiving emails.

Further developments

One of our priorities is to promote health psychology. We are currently engaging with Pagoda (PR firm supported by the BPS) to further our political engagement and explore ways of promoting health psychology more broadly.



You can find out more information about DHP-Scotland [here](#)



dhp@bps.org.uk



BPS DHP Group



Division of Health Psychology



@divhealthpsych

Message from your Honorary Secretary

Dr Abbie Jordan



Have you opted in to the DHP email list?

It just takes five minutes to check that you are subscribed. Joining the DHP Membership email list will allow you to receive fast, clear and effective communications from the DHP and stay informed of developments, including:

- News from the DHP committee;
- Grants you can apply for;
- Awards you can be nominated for;
- Conferences and workshops, you can attend; and Consultations you can contribute to.

Check/amend your email address registered with the BPS

1. Sign in at www.bps.org.uk/user/login
2. Click 'My account'. (You will now see your contact details, including email address)
3. Check whether your email address is correct, make your desired change(s) and then click 'Save Changes'.

Opt-in to receiving email communication from the DHP

1. Follow the instructions for 'How to check/amend your email address' above.
2. Select the 'Member account' tab, scroll to the bottom to 'Searchable Lists and Mailing Preferences' and choose 'Edit' for 'change email preferences'.
3. You can opt-in to the DHP email list by clicking 'Yes' in the Member Network, Email Preference box. Then click 'Save'

If you experience any problems, please contact the Society on 0116 254 9568.

Information on claiming tax relief on your subscription fees



DHP Blog

Dr Anita Mehay – Public Engagement Lead

Have you seen the new [DHP blog](#)? We launched in February this year and as our Chair Prof. Karen Rodham highlights in our first blog, '[from DHP, with love](#)', the aim is to spark some conversations and raise awareness about all things Health Psychology. We have already had a number of great contributions which have questioned why there are not many (photogenic!) [health psychologists on mainstream TV](#) to an honest and frank piece about the experiences and uncertainties of [competing the Stage 2 training](#). Professor Chris Armitage, a self-proclaimed 'luddite', also writes about the role of the [technology gold rush in health psychology](#) and Research Health Psychologists Sarah Renouf and Natalie Bisal also talk about how [e-cigarettes are the new kid of the block](#) in their smoking cessation clinic. Do check them out and keep an eye out for future blogs which promise to bring more interesting and thought-provoking pieces. We are always looking for contributions so if you have an idea for your own piece or want to respond to another and give an alternative view, we'd like to hear from you! Send expression of interest to our Public Engagement Lead at publicengagementdhp@bps.org.uk.